

MILE HIGH YFFL RULE BOOK





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INTRODUCTION

In 2023, the Mile High Youth Flag Football League (YFFL) was established to provide a competitive flag football league for organizations in Colorado. The league is run by youth coaches who incorporate the knowledge of former college and NFL professionals to improve football readiness for student-athletes transitioning into tackle football.

Our mission is to create a safe, fun, and competitive environment for youth to develop their flag football skills and prepare for tackle football. We prioritize respect, sportsmanship, and teamwork to foster a positive culture. Our league rules and structure are designed to help athletes excel in tackle football and beyond.

The Mile High YFFL strives to offer a unique flag football experience and provide structure for players, teams, parents, and stakeholders. Our goal is to establish a foundation for young athletes to thrive as they grow. The league welcomes children aged 6-7 for the first season, with the possibility of adding an 8-year-old level, a 4-5 level, and an all-girls division in the future. Children aged 5 may also participate at their team's discretion.



PARTICIPANTS

Age Requirements: Participants in the Mile High YFFL must meet the minimum age requirements in order to be eligible to play. The age requirements for the league are as follows:

- Players must be between the ages of 6 and 7 years old in order to participate in the league. There are exceptions to 5-year-olds participating
- Players who turn 8 years old during the season will not be allowed to play in the league(October 31st)

The age of the participant will be determined by their age as of the first day of the season.

Players who do not meet the age requirements will not be allowed to participate in the league, regardless of their skill level or experience. This is to ensure a safe and fair playing environment for all participants.

It is important for parents and guardians to accurately report the participant's age during the registration process. Failure to provide accurate information may result in the participant being ineligible to play or disqualified from the league. The National Sports ID will be used to verify age as well as birth certificates.

If a participant's age is found to be misrepresented, they will be disqualified from the league. Your team will be required to forfeit games they participated in and your team could be disqualified from the league as well. We appreciate your cooperation in ensuring that all participants meet the age requirements for the league.

GAME RULES

General

- Players on the field: 8 vs 8
 - teams can start with less players; however the opposing team can still play with 8
 - Running clock with two (2) 20-minute halves.
 - Clock stops on a timeout, change of possession, or injury.
 - Within two minutes of the half the clock will stop on a deadball or if a player runs out of bounds
 - Opening possession will be determined by a coin flip with the away team calling heads/tails

Referees

- The referee will keep the time of the games.
 - The Mile High YFFL is working to secure time management technology in order to keep better track of the game.
- All games will begin and end on this person's instructions. The referee will announce the time at the 5-minute & 2-minute mark of each half.
- There will be a minimum of 3 referees per regular season game and 4 referees for playoff games
- Referees will be strategically positioned to monitor the "A" Gap rules

GAME RULES

Equipment

- Teams are required to wear the same uniforms; referees and coaches can use their discretion to allow for exceptions to the rule
- Players must wear a mouthpiece
- Players must have dual-threat flags with velcro. The color of flag must contrast the pants'
 - For example, if a team wears white and blue pants they cannot have white or blue flags
 - Flags must be visible and cannot be covered by a jersey
 - Teams found to be using any adhesives to secure flags will be disqualified from the game
 - Possession will begin at the 10-yard line and a down and distance marker will mark the first down
- Each team will use its own ball. K2 is the official ball size.



GAME RULES

In-Game Rules

- No kicking or punting
 - if downs expire ball is to be placed on a change of possession offensive teams defending 20-yard line
- Four downs to advance the ball to the next line of gain
- Ball will be placed where the player's flag is pulled. All passes must be forward, no air force rules (Multiple passes)
- The Offense is NOT ALLOWED to advance the ball through the "A" Gaps unless from a shotgun position.
- The Defense is NOT ALLOWED to align any players in the "A" Gaps unless the offense is aligned in Shotgun formation
- Penalties are 10 yards no matter the infraction.
- No tackling or impeding the runner
 - Tackling is defined as an attempt to not pull a flag and making physical contact with an opposing player
- No flag guarding by the ball carrier
- No hold blocking at the point of attack
- No blocking in the back
- Blockers cannot use shoulders or forearms to block. Block must occur higher than the waist and lower than the shoulders. Palms must be down, fingers up (Preferred).
- No crack back blocks.
- Once a forward pass has been thrown, a backward pass (lateral) isn't allowed, the ball will be dead where the lateral was caught or the ball falls

GAME RULES

In-Game Rules

- Excessive force by shoving, pushing, or a tackle will result in a 10-yard penalty for the first offense, a 10-yard penalty and 5-minute ejection for the 2nd offense, and an ejection for the third offense for one individual player.
- Multiple excessive force (more than 3 times per game) penalties per player will result in a 1 game suspension
- Fumbles are dead balls at the spot
- 30-second play clock
- Delay of game penalties result in a 5 yd penalty
- Only 1 coach permitted on the field at a time

Scoring Rules

- Touchdowns are 6 points
- PAT
 - 1 point if the ball is placed at the 2-yard line
 - 2 points if the ball is placed at the 5-yard line
- After a score the ball is placed on change of possession
Offense's 10-yard line

Game Clock

- Time: 20-minute halves
 - See clock stoppage rules above
- Timeouts: 2 per half (90 seconds each)
- Injuries
 - Clock stops on an injury
- Halftime:
 - 5-8 minutes (referee/time manager discretion)
 - Coaches will be notified going into the half how much time they have

CONDUCT & SAFETY

All participants in the youth flag football league are expected to conduct themselves in a manner that promotes sportsmanship, respect, and fair play. The following behaviors are strictly prohibited and will result in disciplinary action, up to and including suspension or disqualification from the league:

- Verbal abuse or harassment of players, coaches, officials, or spectators
- Physical altercations with other players, coaches, officials, or spectators
- Use of profanity or other inappropriate languages
- Use of drugs or alcohol before, during, or after games or practices
- Any other behavior that is deemed unacceptable by the league organizers or officials

Participants are also responsible for maintaining a safe playing environment. This includes following all safety rules and guidelines, such as wearing appropriate protective gear, staying hydrated, and reporting any injuries or safety concerns to the appropriate officials.

Coaches and team officials are responsible for ensuring that their players and spectators abide by these rules and guidelines. They should also serve as role models for their players by exhibiting good sportsmanship and promoting fair play.

Any participant who violates these conduct and safety rules will be subject to disciplinary action, up to and including suspension or disqualification from the league. The league organizers and officials reserve the right to investigate and adjudicate any complaints or concerns related to conduct and safety.

ENFORCEMENT

The Mile High YFFL takes to conduct and safety very seriously. Parents and coaches are expected to exhibit good sportsmanship, respect, and fair play at all times. Any parent or coach who violates the conduct policy may face disciplinary action, up to and including disqualification from the league. Specifically, if a parent violates the conduct policy, their child will be disqualified from the current game and will be required to sit out the following game. If the parent is a repeat violator, their child may be disqualified for the remainder of the season. Additionally, any coach who violates the conduct policy will be disqualified from the league immediately.

We have a strict zero-tolerance policy for any behavior that violates the conduct and safety rules. Coaches are held to an even higher standard and are expected to serve as role models for their players. Any coach who fails to abide by the conduct and safety rules may be subject to disciplinary action, up to and including disqualification from the league.

We encourage all parents and coaches to promote good sportsmanship and fair play both on and off the field. By working together, we can create a safe and positive environment for all participants in the Mile High YFFL.

DISPUTE RESOLUTION

The Mile High YFFL is committed to fair play and respectful conduct both on and off the field. However, disputes or issues may arise from time to time. We encourage all participants to address any concerns or disputes in a calm and respectful manner.

If a participant has a dispute related to conduct violations, gameplay, referee decisions, or any other issue, they should bring the matter to the attention of the league organizers as soon as possible. The league organizers will work to resolve the issue in a timely and fair manner. All complaints or concerns should be submitted in writing to the league organizers.

In the event that a dispute cannot be resolved amicably, the league organizers may appoint a neutral third party to mediate the dispute. The decision of the mediator will be final and binding. Participants are encouraged to engage in good faith efforts to resolve disputes among themselves, without resorting to formal complaints or legal action. However, if a participant feels that their rights have been violated or that they have been treated unfairly, they may file a formal complaint with the league organizers.

Any participant who files a false or malicious complaint may be subject to disciplinary action, up to and including disqualification from the league.

We encourage all participants to work together to create a safe and positive environment for all players, coaches, and spectators. By promoting good sportsmanship and respectful conduct, we can ensure a fun and enjoyable experience for everyone in the youth flag football league.

LEAGUE FORMAT

- The Mile High YFFL will attempt to have at least 8 teams in the league
 - Additional teams can be added
- 7-8 Game regular season(minimum of 1 bye might be included dependent on the league numbers)
- 8-team playoff
- 1-Seed gets first-round bye(NFL Playoff Structure)
- In Each round, the highest seed will play the lowest(NFL Playoff Structure)
- Teams can tie during the regular season
 - Ties are counted as a .5 win and a .5 loss
- If teams have identical records going into the playoffs then the tie-breaker will be as follows:
 - head to head matchup
 - if head to head was a tie then the total points per season
- Scores will be reported by referees after each game in order to maintain score accuracy and integrity
- Team schedules will be created using a tool that randomizes matchups
- League standings will be public and playoff races will be updated on the website after week 4